

Public Health Service Exhibit Pictures

By G. W. Warrington, Washington, D. C.

In the business of bringing forcibly home to the citizens of the country the advantages of sanitation and hygiene one of the government's few circulating libraries of lantern slides, maintained by the public health service, is accomplishing notable results. The use of the loan library was first offered to the public two years ago, when comparatively few subjects were fully covered by the slides. Now the collection consists of nearly three thousand views of all manner of subjects connected with public health, many of the sets being in duplicate. Though the slides are being multiplied as rapidly as funds will permit, the supply is still inadequate to meet the increasing demands from physicians, social workers, schools, clubs and associations engaged in spreading a knowledge of the causes of diseases and methods of prevention.

The views, taken of cases and conditions carefully chosen by experts to tell their story clearly and forcibly, bring to many persons their first adequate conception of health problems and the important part the individual may play in aiding in their solution. Under the head of typhoid, for instance, the spectators at lectures where the public health service views are exhibited are shown pictures of unclean living conditions, how milk is infected and what the results of infection are, how water is polluted, the improper disposal of sewage, and above all the role of the arch-enemy, the fly, in the spread of the disease. Following this presentation the spectators are shown the opposite side of the shield—pictures of methods of prevention that have worked wherever tried, including proper care of the milk supply, the avoidance of water pollution and the prevention of the breeding of flies.

Similar stories are told by the views on malaria, hookworm, plague, yellow fever and tuberculosis. In addition to the slides filed under these and other specific diseases, the service has numerous other sets depicting various general and miscellaneous activities in its fight against disease and in behalf of health. One collection of nearly a hundred photographic slides shows the exhibit of the service at the Panama-Pacific exposition—one of the most complete health exhibits ever prepared. Health conditions in Alaska is a subject to which over eighty views are devoted, while American Indians and diseases of children each have about half a hundred slides. Leprosy, milk, mouth hygiene, parasites, rural schools and tropical diseases are some of the other titles that give an idea of the scope of the collection.

The public health service sends the slides out from its headquarters in Washington, and is filling requests from practically every part of the country.

People to Wear More White Clothes

By A. D. ANDERSON, Providence, R. I.

Just as the scarcity of leather compelled the shoe manufacturers to conserve their supply by introducing cloth tops, the rapidly decreasing supply of dyes probably will force our people to wear more white clothes. The introduction of cloth-top shoes helped to solve the problem of the shoe manufacturers, and there is no reason why our people should not wear fewer colored clothes and more white suits. The supply of fast dyes is almost reaching the vanishing point because of the European war, and this has caused American style-makers to study how to bring about a change in the demand of their customers.

American chemists have been trying to produce substitutes for the imported dyes, and while they have discovered some fast colors, blues and blacks, for instance, they have failed so far to produce dyes of all shades that will hold their color. It is in the cheaper grades of goods particularly that the new dyes have failed.

Some manufacturers are refusing to make goods without the proper dyes, and are cutting down their working hours to keep their operatives employed. This condition probably will cause the wearing of a greater quantity of white clothes next summer. If the war isn't over by next spring it will be impossible to turn out much else than white goods, and we shall have to wear them whether we like it or not.

Poor Cooking Leads to Much Distress

By SAMUEL G. DIXON, M.D., Commissioner of Health for Pennsylvania.

Since our primitive ancestors squatted around the cookery pots an inconceivable amount of effort has been expended in the practice of the art of preparing food. Considering the energy spent in experimentation, the accumulative knowledge has not been extensive.

Every member of the human race from early childhood to the grave now depends principally upon cooked food to maintain life.

It is not without reason that cookery is called an art. There is nothing which does more to build up and maintain good health than the proper preparation of food. It may be considered the first essential. It is commonly considered a menial task, yet next to motherhood it is one of the most important.

Improperly cooked foods lead quicker to distress of body and mind than almost any other factor. Poverty, unhappiness and dissipation can in many instances be traced to poor cooking.

Among the least expensive foods we may find, if well prepared, those which form a nourishing and tasteful diet. With the necessity for economy becoming more pressing as the population of the world increases, there is no one line of effort better worthy of study and attention than the science of economical and wholesome cookery.

Best Men of Country Are Married

By J. P. DAVIS, Evanston, Ill.

A man who is selfish and lives for nothing else but his own interests deserves to run around alone all his life. This is a cold, bleak world when one has no home or loved ones to go to.

The best men of this country are married. That has been the case from George Washington down to the present time.

The man who talks disparagingly about his wife in her absence is not worth the snap of the finger. There are no angels on this earth, and we all have faults, but we can be congenial if we want to.

All men should take good care of their wives and babies.

A woman likes a man she can look up to, not one who is a burden to her. Children like a father they can honor, and not one of whom they are ashamed.

Men should get out and earn as big a wage as they possibly can and bring it home to their families, not spend it on themselves. Let us take for an example some good, noble character, and not some old scamp who never gets through roaming.

GERMAN AIRMEN IN RAID ON ENGLAND

NINE BOMBS DROPPED ON KENTISH COAST AND ONE MAN KILLED.

MONTENEGRINS ARE GIVING UP

Heavy Fighting in Northern France Indicates Renewal of Offensive Movement—Bad Weather Stops Turkish Campaign.

London.—Two German air raids on the coast of England, the capture of Montenegro's two principal seaports by the Austrians and the taking by the Germans of trenches from the French near Arras and in Argonne forest are told of in the latest official communications of London, Vienna and Berlin.

First one German aeroplane, and hours later two German aeroplanes, flew over and dropped nine bombs on the east coast of Kent. One man was killed and two men, one woman and three children were injured.

The aircraft in both instances escaped, although they were fired upon by the British guns and chased by British aviators.

Hampered by Bad Weather.

Vienna reports that the Montenegrins continue to lay down their arms and that in addition 1,600 Serbians have surrendered in the past few days.

Heavy fighting has been in progress in France, a French advanced trench on the road between Arras and Lens having been attacked by a strong detachment of Germans. The infantry attack was preceded by nine explosions, a violent bombardment, and the Germans captured a first-line ditch on a front of several hundred yards, going to the relief of the Kut-el-Amara garrison are being hampered by bad weather, but nevertheless, fierce fighting with varying success is being indulged in with the Turks.

Gen. Sir Percy Lake, the new British commander in chief, reports that the casualties have been unusually heavy.

The British are now within seven miles of Kut-el-Amara.

The Russians are continuing their advance against the Turks in the Caucasus. Petrograd says the Turks are making a precipitate retreat in the region of Erzerum, and that the Russians are capturing many prisoners and much ammunition.

Turks Admit Sinking Persia.

London.—An Amsterdam dispatch to the Exchange Telegraph Company says:

"According to a Berlin report, the Turkish ministry of marine is about to publish a statement to the effect that a Turkish submarine sunk the steamer Persia."

"The report alleges that similar statements are being published by the German and Austrian admiralities, it being hoped by such a declaration the Persia question will be settled."

Real D. A. R. Dies in Illinois.

Decatur, Ill.—Mrs. Jane McCoy, 95 years old, one of four surviving, real daughters of the American Revolution, is dead at her home in Oakley township, Macon county.

Mrs. Tumulty Operated On.

Washington.—Mrs. Joseph Tumulty, wife of the secretary to the president, was operated on and it was said afterward that her condition was improved.

Ship Rescued H-3 From Mud.

San Diego, Cal.—The submarine H-3, which ran aground on a mud flat, was pulled off by the mother ship, Cheyenne.

\$25,000 to Entertain T. R.

Havana, Cuba.—A bill introduced in congress provides a credit of \$25,000 for the entertainment of Col. Roosevelt during his forthcoming visit to Cuba.

\$70,000 in Drafts Stolen.

Newton, Ia.—Bank drafts with an estimated value of \$70,000 and a small amount of money were in a mail pouch stolen and rifled here after the out-bound mail left the postoffice.

To Try for Dry Rock Island.

Rock Island, Ill.—Petitions were circulated in local churches seeking to get the local option proposition on the ballot at the spring election.

Mercury Drops to 80 Below.

Seattle, Wash.—Richardson, 60 miles from Fairbanks, reported 80 degrees below zero. Other points reported from 4 to 60 degrees below.

Infected Stock Is Doomed.

Taylorville, Ill.—Twenty-four hogs and 16 cattle infected with the foot and mouth disease were discovered on the farm of A. J. Houcks, seven miles southeast. The animals were killed.

Support to Cummins Pledged.

Davenport, Ia.—Second Iowa district Republicans at an informal meeting here pledged the support of the district to Senator A. B. Cummins of Iowa for the Republican presidential nomination.

THE EUROPEAN WAR A YEAR AGO THIS WEEK

Jan. 24, 1915.
Germans bombarded several towns in Flanders. Allies evacuated St. Georges. Russians were checked in Transylvania. Turkish advance on Erzerum was checked by the Russians. British patrol squadron under Vice-Admiral Beatty defeated German squadron attempting to reach English coast; German battle cruiser Bluecher sunk. Secretary of State Bryan denied charges of government discrimination against Germany and Austria. Boer rebels under Maritz repulsed in attack on Umpington, Bechuanaland.

Jan. 25, 1915.
Kaiser sent Prince Eitel Friedrich to direct fighting in Alsace. French gained toward Altkirch and destroyed bridges over Meuse at St. Mihiel. Germans were forced by floods to abandon Dixmude trenches. Fierce fighting in Bukovina. Russians were forced from their trenches south of Tarnow.

Jan. 26, 1915.
Another battle was fought at La Bassée. Germans by vigorous attacks gained ground near Craonne and in Alsace. Russians captured German airship that bombarded Libau. Rumania resumed exportation of war supplies to Hungary. American Red Cross shipped large consignment of supplies for Serbia and Turkey.

Jan. 27, 1915.
Germans celebrated Kaiser's birthday by attack on allies between La Bassée and Bethune, losing heavily. Indecisive fighting took place near Ypres. Austrians recaptured Uzok pass. Russians seized Pilkallen. British defeated Turkish advance guard near El Kantara on Suez canal. Turks were defeated by British at Korna. Two Hindu soldiers won the Victoria Cross. Prince von Buelow warned Italy because of its military preparations. General von Bissing ordered all Englishmen in Belgium sent to Germany.

Jan. 28, 1915.
French were defeated at Craonne. Germans made gains in the Vosges and upper Alsace. Tremendous struggle for the Carpathians opened, Austro-Germans advancing on 80-mile front. Turks, re-enforced, attacked Russians in the Caucasus. Slaves in Austria-Hungary rioted because of mobilization order.

Jan. 29, 1915.
Germans were checked in two attempts to cross the Aisne. Yser flood area drained by the Germans. Russian wings advanced in East Prussia, closing in on Insterburg and Tilsit.

Advance in Carpathians made by Russians. Turks fortified Erzerum and expelled civilians. Italian soldiers of First and Third categories called to colors. Polish legion formed at Warsaw.

Jan. 30, 1915.
Russian forces entered Hungary. First detachment of Canadian troops reached France. Germans won a victory in the Argonne. Russians cut railway between Memei and Tilsit. Russians overwhelmed the Turks in the Caucasus and captured Tabriz, Persia. German submarine sank three British steamers in Irish channel. Italy placed contracts for war supplies in United States.

FACTS OF INTEREST

Canada has 1,415,000 men liable for military service, of whom 75 per cent are physically fit.

An electrical process is being tried in Russia for the manufacture of gold leaf, heretofore made only by hand.

Russia plans the longest railroad tunnel in the world—15 miles—to save an 815-mile detour. Extra seats carried over the running boards of a new automobile slide out of sight like drawers when not in use.

When a man bristles he uses his muscular strength to draw in the air, and it is afterward forced out automatically. With insects, as a German investigator has just discovered, this process is just reversed.

It is an insult in France to call anyone "a melon."

In India the lowest classes wear as shoes a flat block with a large knob, which slips between the first and second toes. They are so skilled in wearing these that they are able to keep them on and walk or run with great speed.

Colorado Indians hold the ancient cliff dwellings in great reverence, saying that "the little people" inhabit them. The red men predict that these beings will destroy the government telephone lines now being built into Mesa Verde Park.

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of the Sunday School Course of the Moody Bible Institute of Chicago.)
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LESSON FOR JANUARY 30

THE LAME MAN LEAPING.

LESSON TEXT—Acts 3.
GOLDEN TEXT—Peter said, "Silver and gold have I none; but what I have that give I thee. In the name of Jesus Christ of Nazareth, walk."—Acts 3:6 R. V.

The coming of power (chapter 2) is soon tested outside of the circle of believers. It is put to a public test, is tried as to its efficacy physically, i. e., has the Holy Spirit power physically as well as over the spirits of men?

1. The Appeal to Peter and John, vv. 1-10. Following Pentecost the disciples seem to have continued their accustomed mode of life. (1) The apostles and worship (v. 1). As yet, and indeed for many years to come, there was no particular separation of Jews and Christians.

Praying men like these two leaders, Peter and John, continued to fulfill their temple duties. The ninth hour was the prayer hour, the hour of sacrifice (Ex. 29:39, 1 Kings 18:36). All true approach to God must be on the grounds of sacrifice (John 14:6, Heb. 9:22) and we must remember that this hour was the one at which Jesus died for us, our sacrifice (Heb. 10:19, 29).

Emphasize the need and importance of worship and prayer.

(2) The afflicted one (v. 2). This man had been there often and made his usual appeal; his expectation was limited to material aid (v. 5); he may or he may not have been familiar with Christ and his teachings, but something unusual was about to happen because the two to whom he appealed really knew God and on them now rested this new power in the world.

(3) The apostle's response (vv. 4-7). Peter took a good look at the man (v. 4). Peter was changed by a look (Matt. 16:7). What he saw was the man's fundamental spiritual need. (a) Demanding the man's undivided attention, Peter gave the man what he had not—not what the man wanted or expected.

Peter's words, "Look on us," and Paul's "be ye followers of me" (1 Cor. 4:16) are in no wise egotistical, but in each case the fearless appeal of a man wholly God's, men conscious of the endowment of power, trying to seize the wavering wills of men that they might point them to Christ. (b) Peter aroused the man's expectancy.

It is usually men lacking in silver and gold who give to the world its greatest blessings and highest good (1 Cor. 1:11).

Every effective Christian worker must base his appeal upon the facts of a personal experience (1 Pet. 4:10, 11). (d) Peter bade the man to do the very thing he (humanly) could not do, but the thing which, "in the name of Jesus Christ" he would be able to do.

(4) The result. (1) Upon the man. There is no doubt as to the completeness of the cure (v. 8). He had "strength," was "lifted up" from his former position of weakness; he "leaped" (literally, ecstatic joy); he "walked," continuous activity; and he "worshiped," thanksgiving and renewing of strength. (2) Upon the people. (a) "All the people saw." They may not have heard or comprehended the words of Peter, but they did witness the transformation. (b) "They took knowledge" (v. 10), they began to observe, even as the world always does, the one who professes his faith in Christ? (c) They were filled with "wonder and amazement" (v. 10), they could not understand. No more can the world of today (see 1 Cor. 1:18, 23) really comprehend the Christian. There was no guesswork, however, about this miracle, and, of the people who witnessed it and were so filled with wonder and amazement, many were converted (ch. 4:4).

The miracle served to get for the gospel a good hearing and it accomplished its purpose (Rom. 1:16). II. Peter's Appeal to the People, vv. 11-26. Notice it was the man who attracted the crowd, not Peter or John. For he eagerly held the disciples while the crowd gathered (John 5:10, 11). This may suggest the weakness of the man's faith in that he depended upon Peter and John rather than upon Jesus. (1) Peter seized this opportunity (v. 12) and began his salutation by taking advantage of their curiosity.

Peter eagerly turned their thoughts from himself unto Jesus. He wished to divert attention from himself and used the miracle for the double purpose of glorifying Jesus Christ and to convict these men of their sin. Verses 13, 14-15 contain the charges, whereas Peter and John were "witnesses." They were not to look upon "us" as though they had done anything, nor was it some new God of whom they witnessed (v. 13). The act of the crucifixion, he grants, may have been consummated in ignorance (v. 17), but since God had raised Jesus from the dead, and this doctrine of the resurrection was new, therefore they ought to repent even though their acts were in accord with prophecy.

Peter appeals to Jewish pride. Is such an appeal legitimate?

Get the Habit of Drinking Hot Water Before Breakfast

Says we can't look or feel right with the system full of poisons.

Millions of folks bathe internally now instead of loading their system with drugs. "What's an inside bath?" you say. Well, it is guaranteed to perform miracles if you could believe these hot water enthusiasts.

There are vast numbers of men and women who, immediately upon arising in the morning, drink a glass of real hot water with a teaspoonful of limestone phosphate in it. This is a very excellent health measure. It is intended to flush the stomach, liver, kidneys and the thirty feet of intestines of the previous day's waste, sour bile and indigestible material left over in the body which, if not eliminated every day, become food for the millions of bacteria which infest the bowels, the quick result is poisons and toxins which are then absorbed into the blood causing headache, bilious attacks, foul breath, bad taste, cold, stomach trouble, kidney misery, sleeplessness, impure blood and all sorts of ailments.

People who feel good one day and badly the next, but who simply can not get feeling right are urged to obtain a quarter pound of limestone phosphate from any druggist or storekeeper. This will cost very little but is sufficient to make anyone a real crank on the subject of internal sanitation.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so limestone phosphate and hot water act on the stomach, liver, kidneys and bowels. It is vastly more important to bathe on the inside than on the outside, because the skin pores do not absorb impurities into the blood, while the bowel pores do. —Adv.

His Specialty.
"Jimson doesn't cut any ice as a skater, does he?"
"No, but he breaks a lot of it."

CONSTANT PAIN IN BACK FROM KIDNEY TROUBLE

I wish to tell you of my condition of about four years ago. I was afflicted with kidney and bladder troubles and had a constant pain in my back all the time for about two or three months. I did not have any appetite and could not rest at night and I was hardly able to do my house work. I saw Dr. Kilmer's advertisement and decided to give Swamp-Root a trial; after taking four bottles of Swamp-Root I was restored to health and have not been afflicted since. I will cheerfully recommend Dr. Kilmer's Swamp-Root to others afflicted with kidney and bladder troubles.

Yours truly,
SARAH FRAYER,
Coffeyville, Kan.

803 E. 6th St.,
State of Kansas
Montgomery County
Be it remembered, that on this 17th day of April, 1915, before me, W. G. Bowman, a Notary Public, in and for said County and State, came Sarah Frayer, who is known to me to be the same person who executed the within statement, and such person duly acknowledged the execution of the same to be her free and voluntary act and deed.

In testimony whereof, I have hereunto set my hand and affixed my Notarial Seal the day and year first above written.
W. G. BOWMAN,
Notary Public.

Prove What Swamp-Root Will Do For You
Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

No Change.
Evelyn—How old is Mabel?
Edith—Twenty-four her last six birthdays.

WHY SUFFER SKIN TROUBLES

When a Postcard Will Bring Free Samples of Cuticura?

Which give quick relief for all itching, burning, disfiguring skin troubles. Bathe with the Cuticura Soap and hot water. Dry and apply Cuticura Ointment to the affected part. They stop itching instantly and point to speedy healing often when all else fails. Free sample each by mail with Book. Address Postcard, Cuticura, Dept. L, Boston. Send everywhere.—Adv.

Pretty Large.
"What big ears he has."
"So big that his head seems merely a connecting link between them."

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it for some at very little cost. It will gradually darken streaked, faded gray hair, and remove dandruff. It is excellent for falling hair and will make hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

A lawyer doesn't know everything but he thinks a client thinks he does.

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative—three for a cathartic.—Adv.

Trying to stand on your dignity may result in a hard fall.

Piles Relieved by First Application and cured in 10 to 15 days by PAIN EXPELLER the universal remedy for all forms of Piles. Druggists refund money if it fails. 50c.

Affection in dress indicates a flaw in the intellect.